

Harsha (D. A.) D.

THE  
PRINCIPLES OF HYDROPATHY,  
OR THE  
INVALID'S GUIDE  
TO  
HEALTH AND HAPPINESS;  
BEING A PLAIN FAMILIAR EXPOSITION OF THE PRINCIPLES  
OF THE  
WATER-CURE SYSTEM.

BY DAVID A. HARSHA,

Author of "Christ and Him Crucified;" "Thoughts on the Love  
of Christ;" "Immanuel's Land," etc. etc.

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"Cold water! let thy praise be sung by every son of earth;  
Yet all the pens of wisest scribes can never tell thy worth."

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THE  
PRINCIPLES OF HYDROPATHY  
OF THE  
ENLARGED GUIDE

THE NEW YORK HYDROPATHIC  
INSTITUTE  
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TO

THOMAS L. NICHOLS, M. D.,

Founder of the American Hydropathic Institute;

A CELEBRATED TEACHER OF THE LAWS OF HEALTH;

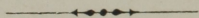
The Scientific Physician, who is acting such a glorious part in the revolution  
of the Medical World;

This Little Volume

IS RESPECTFULLY INSCRIBED BY

THE AUTHOR.

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## INTRODUCTION.

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In presenting this little work to the public, the author deems it necessary to state his own case.

His recovery to health was one of the most brilliant achievements of water cure; and he can not but speak loudly in its praise.

He has been brought from the very verge of the grave, simply by the hydropathic treatment, and as long as he has a tongue to speak, and a pen with which to write, so long does he hope to use them both in the advocacy of the glorious cause of Hydropathy.

We have given the water cure a fair trial. We have tested its utility. We have felt its renovating effects, and have been restored to comfortable health by its recuperative energy. No wonder, then, that we should be enthusiastic in so noble a cause! We are among the many who stand as living witnesses of the efficacy of water cure in disease. We have also had considerable experience as a patient in the old school of Allopathy. While pursuing our studies in 1845, we were taken sick, and placed under the care of an Allopathic physician. We were then drugged, and



blistered and cupped, till the last spark of vitality was nearly extinguished. We had strong faith in the Allopathic system, and for many months swallowed poisonous drugs in great quantities, as iodine, opium, quinine, calomel, Peruvian bark, &c., &c. We took medicine almost every hour for many months. The whole Allopathic artillery was brought to bear against us, but a strong constitution survived, and we came off with our life.

Allopathy failed to effect a radical cure, and we were five years in recovering from the effects of poisonous drugs. The disease was changed by these drugs, but not cured. After two years, however, we were able to pursue our studies, till April, 1850, when we broke down again, and dyspepsia or chronic inflammation of the stomach became deeply rooted. We then took up a work of Dr. Shew's, on Hydropathy, and read with great interest. Hope beamed upon us. Our case was however considered almost hopeless by an eminent physician.\* Following his advice, we sought Hydropathy as our last resort. We went to New Lebanon Springs water cure establishment. Here we found not only pure soft water, but an excellent

\* Dr. William Bullions, one of the most skillful physicians that Washington county ever produced; born 1825, died 1851. This young physician has fallen in the zenith of his fame, and his sun has set in its meridian splendor. Dr. James Savage, a distinguished physician, of Argyle, N. Y., also concurred with Dr. Bullions in his advice; while Henry Shipherd, Esq., a water cured patient, earnestly entreated us to adopt the same treatment, which had restored him to health.

physician. N. Bedortha is his name. No doubt most of our readers have heard of him.\*

Instead of being confined to our bed and room for ten months, as we had been under drug treatment, five years previous, our strength gradually increased, till in the course of six weeks we were able to walk five miles a day. After remaining under the care of Dr. Bedortha ten weeks, we returned home feeling like a new made man. Well may we now exclaim with the poet,

“O, water for me! bright water for me!”

After leaving the establishment and following up the treatment, we gained in a few months about thirty pounds in weight. But most gratefully would we ascribe all the praise to Him “who hath measured the waters in the hollow of his hand;” who governs the universe by natural laws and appointed means. Unto him alone belong the issues from death.

The Hydropathic system, and that alone, we now

\* Dr. Bedortha has fitted up a beautiful water cure establishment at Saratoga Springs, where he is now permanently located. The house stands but a few rods from the celebrated Congress Spring. For a water cure, this is one of the most delightful places in the world; and in the skillful hands of Dr. Bedortha such an institution must flourish. His fame is spreading far and wide. Many hopeless cases has the doctor cured: many an invalid has he restored to health. Noble hearted physician! may success ever attend his indefatigable exertions to alleviate the sufferings of humanity.

adopt. And reader, asking for your careful perusal, we offer to you the following pages. D. A. H.

SOUTH ARGYLE, N. Y., Sept. 1st, 1852.

NOTE.—When the celebrated Sylvester Graham saw the writer at the water cure, he exclaimed, on slight examination, “your system has been *horribly* drugged.” True it is; we have been “horribly drugged.”



# THE PRINCIPLES OF HYDROPATHY.

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## CHAPTER I.

The subject with which we design to entertain you is one of vast importance. It speaks loudly to those who are laboring under diseased action, and to those who are in the bloom and vigor of health. To the one class, it points to nature's great universal remedy; it leads the invalid to health and happiness; to the other it cries "Prevention is better than cure."

We ask, then, is there a subject of a secular nature within the range of human acquisition that so intimately concerns your physical welfare, as that of the prevention and cure of disease? This is a theme that forcibly presses itself upon the attention of all.

Life and health are the greatest earthly blessings we enjoy, and every discovery that tends to prolong the one, and restore the other, must be considered the most important and glorious in the world's history. Thank heaven! that discovery has been made. It is all realized in the water cure system. No other mode of medical treatment has effected, in so short a time, what the water cure has already accomplished; and we assert that no other system of medical practice, with which we are acquainted, can perform such remarkable cures, as that of hydropathy. Then,

invalids, we would speak to you, with a deep concern for the restoration of your health, and the prolongation of your physical existence. By you the subject of hydropathy deserves the highest regard. Your health, your happiness, your very existence, lie within its control; and through the blessings of the God of heaven, may be secured by its restorative power. I would speak to my fellow sufferers—to those who are dragging out a miserable existence—to every one by whom the corroding touch of disease is felt—on the all-important subject of health; and most gladly would I spend my life in mitigating their sufferings, and leading them on the hydropathic highway to health and happiness.

The cause of suffering humanity compels us to speak out, and direct the attention of patients to that universal remedy—the water cure, which has been discovered and set before the eyes of a wondering world.

We would just advert to the history of water as a remedial agent. It is well known that water has always been highly esteemed for its healing virtues. Pindar, an ancient poet, long since declared that “the best thing is water.” In ancient times bathing was extensively practiced, and a knowledge of the beneficial effects of the cold bath widely extended among the nations of antiquity. For the promotion of bodily strength and vigor, bathing in warm, tepid and cold water was practiced by the ancient Greeks and Romans. Among the latter, water cure establishments and public baths were very numerous. The Romans

well knew the beneficial effects of cold water, and spared no pains to preserve the health of the public, by erecting bathing establishments. Baïæ, a Roman city, famed for its warm springs and baths, was viewed by the Romans as the most enchanting spot on earth; it was crowded with the villas of their great men. Here was the academy of Cicero, the favorite haunt of Virgil, and the palace of Lucullus. Hippocrates, the father of medicine, cured numerous diseases with water. Galen, an ancient physician, placed water in the highest rank of his *materia medica*. Hoffman long since asserted that if there was a universal remedy, it was water. During the past century, many eminent physicians advocated the use of cold water in numerous diseases. In 1797, Dr. Currie, of Liverpool, published his valuable work on the water cure treatment in fevers, &c. Many scientific physicians, since the days of Hippocrates, have advocated the use of water as a remedial agent. But to the genius of Priessnitz, the world owes the present water cure system. By this discovery Priessnitz has immortalized his name; and when people shall have become a little wiser, the water cure will be regarded as the greatest boon ever bequeathed to a suffering, dying world. This system of Hydropathy, now extensively practiced throughout the world, is daily gaining ground. In our country it is prevailing with wonderful rapidity. Here, water cure establishments are springing up all around us. The world is starting from the slumbers of Allopathy, to behold the dawn of a brighter day — an entire revolution in the medical world — a new



system of medical practice established.\* A new light already irradiates the physical world, and a new era in the history of medicine has commenced.

The principles and practice of Hydropathy are perfectly consistent with the laws of Physiology, Chemistry and Pathology. It is a system founded on nature, supported and substantiated by the demonstrations of nature's laws. Can such a system, then, fail to succeed, when a knowledge of the laws of health is disseminated? Surely not. Truth is mighty, and will prevail; and Hydropathy is onward in its march. A knowledge of its almost miraculous cures is spreading among the people. A great cloud of witnesses has arisen up in its behalf, (and the writer is among that number,) trophies of its curative power, when all other earthly means employed had failed. Hydropathy is yet destined to take the place of every other system of medicine; and water is to be the principal agent throughout the medical world, in the divine art of healing.

Water is the greatest restorative agent in nature. It is adapted to cure all diseases that are curable by any earthly means whatever. We regard water, then, as one of the greatest earthly boons ever bequeathed

\* Many eminent physicians of the old school, have deserted their ranks, that they might stand under the glorious banner of Hydropathy, which will yet float triumphantly over every land, when the world shall have become fully enlightened on the subjects of health, disease and remedy. Among this class, we find the distinguished names of Drs. Wilson, Gully, E. Johnson, and Weiss, of Europe; and R. T. Trall, E. A. Kittredge, B. Wilmarth, and T. L. Nichols, of America.

by a merciful God to a diseased world; and we look upon the water cure as one of the greatest blessings ever conferred upon society.

"Water, wherever we see it," says a beautiful writer,\* "is full of use and beauty and glory. From the dew that distils upon the rose leaf, to the ocean that heaves its vast tides around the world; it is a perpetual wonder and delight. In the dawn of creation the spirit of God moved upon the face of the waters. Water makes the beauty of our silvery clouds and golden sunsets; it spans the heavens with the hues of the rainbow; it dances to the earth in April showers; it murmurs in brooks, and thunders in cataracts; it waters the earth in rivers, and bears our navies on the rolling seas."

"Cold water! let thy praise be sung by every son of earth:  
Yet all the pens of wisest scribes can never tell thy worth.  
Thou lucid, sparkling, glittering gem, by mercy thou wert  
given:  
Thy crystal streams refresh our souls, and make us think of  
heaven."

\*T. L. Nichols, M. D. Dr. Nichols is a skillful physician, an able writer, an ornament to his profession, and stands among the first class of medical practitioners. He and Mrs. Gove Nichols have fitted up an hydropathic establishment on the beautiful heights of Prospect Hill, Port Chester, N. Y. This is said to be "a situation of unsurpassed beauty and salubrity." Here, the doctor and his accomplished and zealous partner in the glorious cause will, doubtless, perform an immense amount of good in relieving the sufferings of hundreds. They have also established a school there for the physiological education of young ladies. In 1851, Dr. Nichols founded "the American Hydropathic Institute," which is destined to become one of the greatest of medical schools. From this institution mighty influences for good will yet go forth and extend over the world. The name of Thomas

Let us now notice some of the effects of the water cure treatment. What are some of its greatest achievements? By its means, through the blessings of heaven, thousands have already been brought back from the very verge of the grave, to live their lives over anew, to enter upon the stage of human action, with perfect health and enjoyment, with lofty anticipations, feeling as if they had sprung into new existence, like beings of another element. Their former sufferings are now forgotten, and health blooms upon their cheeks in rosy colors. The water cure has rebuilt the most shattered constitutions in a comparatively short time. It is a fact too well known to be controverted, that many patients who had not left their beds or rooms for months, and perhaps years, have, under the restorative water cure, been able in six weeks to walk more than five miles a day, and been restored to blooming health. Many, I repeat it, who had suffered intensely from chronic disease for five, ten, twenty years or longer, and all this time under drug treatment, have been restored to sound and vigorous health, by the water cure. What Allopathy failed to accomplish in their cases, Hydropathy achieved.

Hydropathy has cured the most obstinate cases of acute and chronic diseases. We believe that it has cured some cases of every curable disease that afflicts humanity, thus proving that it is applicable to all disorders of the human system, and will cure all that are

L. Nichols will long be remembered with honor, as having originated a medical school based on *true* science and the laws of health.



curable. When the water cure has already saved the lives of hundreds and thousands, who were fast hastening to the grave, why not extend a knowledge of the system? Why not promulgate it among the people? Why not erect Hydropathic establishments for the sick?

Look again at what the water-cure accomplishes. "It cools raging fevers; soothe the most violent pains; purifies the blood; reduces inflammations; calms irritations, equalizes the circulation, cleanses the system; invigorates the great organs of life, and by exciting the functions of nutrition and excretion, builds up the body anew, and re-creates it in purity and health. The change is wonderful, and rapid beyond belief. All the processes of life are quickened. Sometimes quinine, mercury, opium or other drugs, taken years before, are brought out through the pores of the skin, or made to pass off in some salutary crisis. Strange as this may appear, it has been proved times without number and without the possibility of mistake. There seems to be an entire making over of the system." Disease vanishes. Then comes the genial influences of health. The eye brightens. Freshness, beauty and strength revisit the almost despairing invalid, causing his heart to leap for joy; and with the hue of health blooming on his once pallid cheek he returns to his home and friends, quite a new-made individual. Thousands throughout this country alone, to say nothing of the thousands more in foreign lands, stand living witnesses to the truth of this assertion. Then, invalid, may not the water-cure do the

same for you? Yes, it may. Go then and try it; "Wash and be healed."\*

Unlike the drug treatment, there are pleasures in the water-cure. The good appetite, sound and refreshing sleep, the elasticity of spirits, and, above all, the consciousness of returning strength and the hope of laying the foundation of future happiness and vigorous health in a renovated constitution, give this mode of treatment a peculiar enjoyment. The water-cure system aims at a radical cure. It removes the causes of disease, establishes and enforces the laws of health. It strikes at the very roots of disease, and eradicates them completely. It surrounds the invalid with the conditions of health. And this it often does in a very short time. "By means of the water-cure treatment," says the greatest chemist of modern times

\* There are many excellent Water Cure Institutions, in various parts of the country. We mention a few of the most celebrated: Lebanon Springs Water Cure, under the care of Dr. B. Wilmarth; Saratoga Springs Water Cure, under the care of Dr. N. Bedortha; New Gräfenberg Hydropathic Establishment, under the care of Dr. R. Holland; Clinton Water Cure, under the care of Dr. J. E. Gross; Glen Haven Water Cure, under the care of Dr. Jackson; the Elmira Water Cure, under the care of Dr. S. O. Gleason; Wyoming Cottage Water Cure, in the hands of Dr. P. H. Hayes. Dr. T. L. Nichols and Mrs. Gove Nichols have removed their water-cure establishment to Prospect Hill, Port Chester, N. Y. There are other flourishing hydropathic institutions, as the Round Hill Water Cure Retreat; the Mammoth Water Cure of the West; the Cleveland Water Cure; Mt. Prospect Water Cure; Forest City Cure; Forestville Water Cure, &c. &c. Many of these institutions the writer has visited, and he can safely recommend them all to invalids seeking health. Over these establishments skillful physicians are placed.

(Liebig), "a change of matter is effected in a greater degree in six weeks than would happen in the ordinary course of nature in three years."

Before treating of the physiological effects of bathing on the system, we shall just advert to the doctrine of disease. And those of you, my readers, who have felt its raging power know that it is a terrible reality, that it is a painful sensation. Disease is a disordered or abnormal action of an organ or organs of the system, or a change of structure in these organs, a wasting of their vital properties. The former is functional, the latter organic.

A series, then, of unnatural symptoms constitutes disease, which is either acute or chronic. All disease is originally acute; it often passes into a chronic form, and in thousands of instances it is hurried into this form simply by the excessive, debilitating, and poisoning administration of drugs. I assert this from a knowledge of the fact. It is a solemn truth that will sooner or later startle the world from its confidence and repose in a system so destructive to human life, and health, and happiness.

Acute disease is the violent effort of the vital organ, or organs to throw off their disorder upon some less important organs. Chronic disease is the enfeebled effort of the same organs to the same end. How, then, is the diseased system to recover its health, the vital organs to resume their normal action, and the debilitated and prostrated invalid to acquire his former strength? Not by excessive drug treatment, continued medical stimulants,



alcoholic drinks or tonic bitters. Not by all these combined. Not by breathing hot and vitiated air: not by an innutritious, and highly concentrated diet. Not by the neglect of proper exercise and correct habits. Disease must be eradicated, and the system, strengthened. Feeble nature is often insufficient to free the body from its wasting disease, and to unfurl the banner of health over the raging foe. She often expires in the attempt. But something must be done to arouse the vital energy, to dissipate disease and to invigorate the whole economy.

What, then, are the most powerful agents in accomplishing these intentions?

We reply, and truth, and observation, and nature respond to the declaration, that pure water, pure air, proper diet, and exercise, are the great agents in effecting a cure of disease. Pure air applied to the lungs, proper diet and water applied to the digestive organs, and water applied to the external skin, will more effectually strengthen the system, and more surely eradicate disease than all the resources of the Pharmacopœia ever did or ever can do. Some people ask, how can water, simple water, cure disease? Many allopathic physicians say, that the water-cure is good to brace up the debilitated system, while it does not remove disease. But it does more; it completely eradicates disease and removes its cause; and has done so in thousands of instances. In disease, an unnatural quantity of blood is retained in the vital organs, to the detriment of other parts of the organism—a retention commonly known by the terms acute inflammation,

chronic inflammation and congestion. Now let us look at the object of the cold bath, let us closely observe the beneficial effects of the water-cure treatment. When a part becomes affected, the blood flows more rapidly into it than when in a state of health, while the vital principle being diminished is less able to throw the current off, through the smaller blood vessels, to the other parts of the animal economy. The object of the cold bath is to accelerate and repair the vital energy so as to enable it to accomplish this object. A redness of the surface follows this immersion. In the meantime the blood has been made to quit the affected part and is carried generally through the system; or rather it has rushed towards the skin to supply and renew the natural heat, of which the cold water had deprived it. Exercise, immediately following the bath, enables the patient to retain the blood where it has been diffused, and the vital energy in the affected part is then left to act more freely, having a less degree of inflammatory action to resist.

Irritation has been allayed,—the pulse lowered by copious draughts of cold water,—the body is acquiring gradual strength and vigor by nutritious diet, pure air and exercise, till at length the equilibrium of circulation is restored, the diseased organ recovers its natural tone and performs its natural functions in a healthy manner. Such is the way in which cold water cures disease.

We come now to speak particularly of the immediate physiological effects of the cold bath. And every elucidation of this point tends beautifully to ex-

hibit the harmony existing between the principles of Hydropathy and those of the noble science of Physiology—a harmony which the drug system can never claim. “When the body is moistened with a sponge wetted in cold water, or when affusion by the sponge or shower-bath is effected, the skin immediately shrinks, and the whole of its tissues contract. As a result of this contraction, the capacity of the cutaneous system of vessels for blood is diminished, and a portion of the blood circulating through them is suddenly thrown upon the deeper parts and internal organs. The nervous system, among others, participates in it, and is stimulated by the afflux, and communicating its impression of stimulus to the whole system, causes a more energetic action of the heart and blood vessels and a consequent rush back to the surface. This is the state termed ‘reaction,’ the first object and purpose of every form of bathing whatsoever—the test of its utility and security.

Reaction is known by the redness of surface, the glow, the thrill of comfort and warmth which follow the bath and the bather should direct all his care to insuring this effect. By it the internal organs are relieved, respiration is lightened, the heart is made to beat calm and free, the mind feels clear and strong, the tone of the muscular system is increased, the appetite is sharpened, and the whole organism feels invigorated.”\* Thus, internal congestion is relieved; the irritation of the nervous system quelled, and inflammation, acute or chronic, allayed.

\*D. E. Wilson.



The whole system is cleansed, and disease with its iron grasp yields and gives way before the irresistible but beneficial influence of water, in its scientific medical application.

The external and internal application of water also creates a large amount of stimulation in the system. Besides the gentle shock, the glowing and delicious reaction, something else is effected. To the prostrated system water imparts new energy and a high exhilaration of spirits. This is often manifested after coming from a bath, in the patient's elastic step and cheerful countenance. In disease, as we have said, an excessive quantity of blood is retained in the vital organs. Now the object of the bath is to force a portion of this blood to the surface, to free the internal organs from their oppression, to regain the equilibrium of the circulation; in other words, to restore and confirm health. The frequent appliances of water tend to accomplish this object, and finally re-establish a general and vigorous circulation through the whole system.

As all chronic disease consists in irritation, inflammation or congestion of the great organs of vitality in excess of blood in them, so a perfect and permanent cure consists in a diminution of this blood, in carrying the circulating fluid vigorously through the system, supplying every part with that amount required by nature. This, the water-cure effects in a perfect manner, thus restoring and invigorating the health of the system. Under the genial action of water treatment, morbid matter is expelled, the blood purified, and the vital principle strengthened.

“There are two things,” says Dr. Johnson, “which the water treatment can do—no other treatment in the world can do these two things. No fact in the universe is more certainly a fact than this—that the water treatment can strengthen the *vital principle* and *purify* the blood. On this principle alone, it can cure more diseases than any other treatment can cure, and prevent more than any other can prevent.”

Brilliant have already been the triumphs of water-cure; and every succeeding month is swelling the mighty catalogue of wondrous cures. The principles of hydropathy are dissipating the clouds of darkness which have long mantled the medical world. We would urge the subject of Hydropathy upon the invalid's close attention. It deserves his serious consideration. We entreat him to examine it carefully. It will bear the scrutiny of the most scientific. A penetrating mind, free from the shackles of ignorance and prejudice, will soon comprehend the philosophy of water-cure and acknowledge its adaptation to the cure of those diseases to which flesh and blood is heir.

I would say to the afflicted, do not imagine that you are too weak to bear the water treatment; but remember the temperature of the water will always be regulated according to your constitutional powers. The amount of vitality you possess must be carefully ascertained by the physician, and then you will be put on such a treatment as you can bear with perfect ease. And remember, too, that if you are strong enough to bear the drug treatment which is so debilitating and poisoning in its effects, you have sufficient strength to

endure the water cure which is so invigorating to the system.\* Remember that all the strength gained in water treatment is real; there is an onward course to health.

My readers, are any of you suffering from chronic disease! Remember that a cure cannot be effected by drug medication, and the sooner you resort to the hydropathic treatment the better. Despair at once of ever being restored to health by the drug treatment, and do not ruin your constitution and put yourself beyond the possibility of a cure, as thousands have done, by the long continued use of poisonous drugs. Let me entreat you once more, as you value the blessings of health and happiness, and all that makes life dear, to renounce your drugs and resort immediately to Hydropathy. No matter what your disease may be, we will venture to say that the water treatment will be as applicable to it as any other earthly treatment.

When the water cure is so universally applicable, it will be unnecessary to enumerate the various diseases that are cured by it. But we may mention a few in which it achieves its greatest triumphs, and it has

\* We are aware that it is common for allopathic physicians whose patients inquire of them as to the expediency of adopting the water cure, to make the following dogmatic reply: "Well, the water cure is very good for some diseases, but it *won't* answer in *your* case; you are too weak to bear it." While at the very same time these learned doctors are, perhaps, torturing and blistering and bleeding their feeble patients, till the fountain of life is exhausted, and the grave closes over the dismal scene. O, when will the glorious light of truth irradiate this benighted world?



achieved some of the greatest triumphs ever known in the healing art. These are the class of nervous disorders, spinal complaints, rheumatism, acute or chronic, gout, neuralgia, scrofulous diseases, incipient consumption, bronchitis, dropsy, and a great variety of female complaints.

Water cure has already proved of inestimable benefit to the female race. "Thousands of women," says Mrs. Nichols,\* "are every year doctored into premature graves, who might be saved by a knowledge of the water cure." Dyspepsia, with all its train of symptoms, as constipation, jaundice, liver complaint, headache, &c., yields surely to the water cure, but not to the drug treatment.

"I can not but repeat my strong conviction," says Dr. Gully, "that medication never did, never will, never can, cure a case of chronic dyspepsia, and short of organic change, the hygienic, water treatment seldom, if ever, fails to cure it." The water cure also triumphs over fevers, and is equally adapted to all forms of acute diseases.

We would say to all invalids, then, give the water cure a fair trial, and if your diseases are not already incurable, we trust you will realize a perfect cure. If you can not visit a water cure house, the treatment may possibly, with proper directions, be carried on at home. But it is always desirable, and in most cases

\* Mrs. Nichols is a celebrated authoress, and water cure physician. Her "Lectures to Ladies on Anatomy and Physiology," and her "Experience in water cure," are books that should be in the hands of *every* female throughout the land.

absolutely necessary, in order to perfect a cure, that the patient should spend some weeks or months at a water cure institution.

In conclusion, we have just exhibited the outlines of the most complete system of medicine that has ever been presented to the world. It is an effectual remedy, because it aids nature in her own renovating vital economy, in removing disease and its causes, in tearing away the rubbish of wrecked constitutions, and in rearing the stately superstructure of permanent health on a solid foundation. Go, then, invalid, and bathe in the pure, soft, sparkling water, that gushes joyously from some mountain side; drink deeply of the crystal streams which flow with health and happiness in their course, and if you are wise enough to take our advice, we are very confident that you will rise a renovated individual, and feel as we have also felt, and realize as we have realized, the truth of the following beautiful lines of the poet:

“ Most blest water! neither tongue can tell  
The blessedness thereof; no heart can think,  
Save only those to whom it hath been given  
To taste of that divinest gift of heaven.  
I stooped and drank of that divinest well,  
Fresh from the rock of ages, where it ran;  
It had a heavenly quality to quell  
All pain: I rose a renovated man;  
And would not now, when that relief was known,  
For worlds that needful suffering have forgone.”

SOUTHEY.

## CHAPTER II.

THE HYDROPATHIC TREATMENT, OR WATER, EXERCISE,  
DIET, AIR, SLEEPING, CLOTHING, &C.

In the hydropathic treatment something more is included than the application of water merely. Water is the CHIEF, though by no means the sole, agent employed, for the eradication of disease, and the restoration and confirmation of health. The phrase "hydropathic treatment" is very comprehensive. It includes all the laws of life. It enforces their observance, and prohibits their infraction. It includes all those rules, the observance of which are so conducive to the health and happiness of mankind, and the prolongation of the individual existence of the human species. God has appointed certain laws to control man's being. These laws are simple, and a knowledge of them easily acquired; they are even implanted within us, by the God of nature. Now if we obey these laws, health and happiness and longevity will be the reward; but if we violate them, we incur disease and sufferings and a premature death. The hydropathic treatment unfolds these laws, and exhibits them in all their native simplicity. This the allopathic treatment does not; it can not, because it is at war with nature. Yes, we boldly assert that the whole system of Allopathy is waging a continual warfare with feeble nature; and the more vigorously the latter strives to free herself from disease, the more powerful are the deadly wea



pons of the former employed, and the more forcibly does the physician fling his poisoned arrows at her. She often comes off victorious, though perhaps wounded and wrecked, and ever afterwards unfit for the duties of life, and finally carrying her allopathic battle wounds to the grave; but again and again is she compelled to yield up the battle field, and perish by the fury of Allopathy. No other mode of medical treatment, but the hydropathic, is in perfect harmony with the laws of nature. We admit that other systems of medicine have their merits. They can do something in certain cases, and in a limited sphere. They are excellent just in proportion as they harmonize with nature, and injurious when they are discordant with her. Hydropathy never departs from nature; it sanctions no law that she does not recognize; it licenses no indulgence that she does not permit; it prescribes no poisonous drugs that she abhors; it takes no vital fluid that sustains her; it does nothing contrary to her command.

We are now prepared to speak with the utmost pleasure on the hydropathic treatment, in which are included water, exercise, diet, and air, with particular attention to sleeping, clothing and personal habits. These are the great agents which constitute the *materia medica* of Hydropathy. Water is the principal agent relied upon for the cure of disease; and it is a precious gift, the gift of a beneficent Creator. Without water, no organized being could exist. It is continually demanded by us for our existence, and is one of the leading constituents of the various parts of our

system.\* It is not only the means of preserving life, but also of restoring health. Yes, water, pure water, has been found to cure disease, and to answer all the purposes of medicine, without that injury to the human constitution which drug medication produces.

“ Oh! water, bright water 's a mine of wealth,  
And the ores it yieldeth are vigor and health.”

Water is a compound body, formed by the union of oxygen and hydrogen gases. Oxygen exists abundantly in nature; it is the vital part of the air, and constitutes, by weight, eight parts in nine of water. Hydrogen also exists to a great extent in nature; it enters largely into the composition of water: it is the lightest of known substances, being about fourteen times lighter than common air; it constitutes one-ninth, by weight, of water.

By analysis, the composition of water is found to contain, by weight, eight parts of oxygen, and one of hydrogen; by volume, one of oxygen and two of

\*“ Water is one of the most important of the constituents of the human body; it enters largely into the composition of all the fluids, and gives flexibility and softness to the various solid textures.”—Compend of Medicine.

“The adult body is about eighty per cent. water. Water forms about ninety parts in a hundred of the blood, the living fluid which supplies every part with its vitality. Nearly the whole mass of the brain and nerves is pure water. Observe the eye, the most perfect and beautiful of human organs: it is little more than a collection of sacks of transparent water. Evaporate the water from a full grown human body, and its dry, solid matter will weigh from thirty pounds to not more than twelve.”—T. L. NICHOLS, M. D.

hydrogen. The purest water is that which falls from the clouds. In the treatment of disease, the water requisite is the pure, soft, fresh spring water. We want no hard water; soft water is at all times, and for all cases desirable. Though hard water will answer for the cure of acute diseases, yet there are many chronic diseases that it can never cure. "There is a wide difference, says Dr. Jackson,\* "between hard, brackish water, and pure soft water, in the treatment of disease. Hard water is better than no water, as an external applicant, but as a drink it *is villainous*, and there are numerous diseases which can *never* be cured by it, let who will say to the contrary." I highly appreciate these remarks. They are uttered by a skillful Hydropathic physician, from extensive observation.

Now, the water requisite for the cure of most chronic diseases, is pure, soft, cold, spring water. It is very essential in the successful treatment of chronic disease, that the water be of this quality. The reason

Dr. Jackson, is the excellent resident physician of Glen Haven Water Cure Institution, situated at the head of Skaneateles Lake, in the State of New York. It is a delightful location for a water cure. The scenery is sublime and beautiful, the water remarkably pure and soft. There the pure air of summer in cool fanning, gentle breezes exhilarates the prostrated system, and kindles up hope in every bosom. Dr. Jackson is one of the most thorough-going water cure physicians in the field. He gives *no drugs*. In practicing hydropathy, he is in his element. For the care and attention bestowed upon his patients, Dr. J. deserves great praise. He has already led hundreds on the hydropathic highway to health and happiness. O, that there were a thousand physicians in this country just like Dr. James C. Jackson.



why many patients, who treat themselves at home, do not effect cures, is because they have not soft water at their dwellings, as at water cure institutions, and substitute the hard.

A suitable quality of water having been obtained, the next thing is the scientific application of it in the cure of disease. Water is applied externally and internally. The external application of it drives the blood from the internal parts to the surface, thus relieving the vital organs of their congestion, inflammation or irritation. Every bath, therefore, is one step towards the recovery of health. Perseverance in this mode of treatment at last brings its reward. Nature is slow in her operations for good, and so is water. Water is variously applied in different baths. Of these we have a great variety, as the half-bath, dripping sheet, sitz bath, wet sheet, pack, spray, hose, shower, plunge, douche, &c. We have also dry blanket packs for sweating, partial packs, for local diseases, and heating and cooling wet compresses, which are worn day and night.

A description of these baths will be given elsewhere. They are used in the cure of almost every disease. They are the great weapons which the physician hurls against disease; and they are wielded by him with a masterly force.

Water is used at all temperatures, hot, tepid and cold. Its temperature is always adapted to the nature of the disease, and to the various constitutions of patients. A cold bath, that would be highly beneficial to a strong constitution, would be positively detrimen-

tal to a very feeble one; hence, knowledge and judgment and skill are required of the physician, to prescribe with the greatest success, and with the most beneficial results, the water cure processes, for so many forms of diseases, which are submitted to the cure, and for so many different constitutions. Hot fomentations are used to relieve violent pains; tepid rubbing baths in fever, and even ice-cold applications in some diseases. The water cure is not always the cold water cure. It is modified according to the variety of cases. I know that there is a terror thrown around the wondrous cold water treatment,—that the feeble patient, when brought to a water cure establishment, often expects to be plunged at once into cold water. Not so. A very mild temperature of water is used in the commencement of the treatment for such; and the invalid is surprised to find that he can bear it with perfect ease. From warm, or tepid water, he is gradually led to endure cold, which he does with the same ease, and from the sponge bath or dripping sheet he is often, with the strength gained, able to withstand the shock of that most powerful of all hydropathic applications, the douche.

Water is a universal medicine. We administer no drugs with it. That practitioner who mixes his poisonous drugs with pure water, does not merit the name of an hydropathic physician. We must keep the water cure clear from all poison and imperfections; for this purpose no drugs should be given, and no blood taken. What we want is pure soft water, and with it we can control disease in all its forms and stages more effectually than with all the medicine in the world.

But we pass to notice another essential part of the hydropathic treatment; that is exercise. Exercise holds a very prominent place in the water cure system. After every bath the patient must exercise, if he is able. He may never hope for vigorous health without physical exertion of some kind. Our limbs, our hands, our whole body should be moved gently. Of the importance of exercise, I need scarcely speak. It is so generally known to be necessary to promote the tone and vigor of the system; and that, constituted as we are, we can not dispense with it. Exercise is good in almost any shape; walking and riding are the best for water cure patients.

Riding on horseback is the best possible kind for many cases. But walking is the cheapest and the best mode of exercise after bathing. A walk of twenty minutes or more, should follow each bath. As the patient steps on the ground, after taking a good bath, he sometimes experiences the most delightful sensations. With him, all is serene. His pains are leaving him. Nature smiles on him. He revels amid her beauties.

The promenade affords him enjoyment, both physical and mental. New life and joyful hopes seem to dawn on him: he is just beginning to feel that

“Life is *only* life, when blessed with health.”

Patients, then, should take as much exercise and as regularly as is consistent with their strength, avoiding, however, great fatigue.

After exercise and rest, the patient is seated at a table which is furnished with a great variety of fruits,



vegetables and meat once a day. Diet is a matter of great importance in the hydropathic treatment. Improper diet causes an untold amount of suffering to patients, and is the pre-exciting cause of numerous disorders.

I can not but assert my strong conviction that half of the diseases which afflict mankind and render this life one continual scene of suffering and misery, originate in errors with regard to diet, along with the detrimental *habits* and *fashions* of the day. Now we have the very best articles of diet on a water cure table, such as superfine wheat bread, Graham bread, biscuit and wafers, cracked wheat, rice, barley, potatoes, beets, turnips, beans, peas, butter, cheese, milk, eggs, plain puddings and pies, with all the fruits of the season, to which we may add beef, mutton, chicken, fish, and numerous other articles. What more would you ask? Water cure patients are not fed, as many people imagine, on bran bread and water alone. No; they have the very best articles of diet, and in the greatest variety too. It is true, that we prohibit the poisonous narcotics, as tea, coffee, alcoholic drinks, and all stimulants and condiments, as pepper, mustard, &c.; and who, that is acquainted with human physiology, could allow these articles to be used, or at least could say that they are not injurious to the system? No one. All physiology, all science, all nature, are against the use of such articles. We must not conceal this truth. In our diet we include all that is good, and exclude every thing that is hurtful to the system.

On the subject of diet, the world has great need of reformation. Most people use very improper food. We wish that we could see a better system of dietetics established; but we trust we soon shall. The prevalence of hydropathic principles is preparing a way for the universal adoption of a healthy diet. We hail this reformation with joy. We hope soon to see Graham bread and cracked wheat placed on every table. If these articles of diet were universally used, constipation would die away, and the general health of society would be greatly promoted.

Another agent that performs an essential office in the hydropathic treatment, is air. The atmosphere, which includes the whole mass of air, aqueous vapor, electric fluid, terrestrial emanations, &c., entirely surrounds the earth, and extends above its surface, to the height of about forty-five miles. The air which we breathe is composed of two gases, oxygen and nitrogen. It is formed by twenty parts of oxygen, and eighty of nitrogen, to every one hundred by volume. Air also contains a small portion of carbonic acid gas. The oxygen of the atmosphere is the vital portion of air, the supporter of life and combustion. Nitrogen, however, is incapable of supporting either. Place a burning candle in a vessel full of this gas, and it is instantly extinguished, or an animal is quickly suffocated in it. This gas, so destructive to life, is expelled from our lungs at every expiration, and being lighter than common air, ascends above our heads, and enters into new combinations. Were we to breathe air containing more than the ordinary proportion of oxygen, our

respiration would become hurried, our blood would circulate with greater rapidity, we should become feverish, and exhausted ; while on the other hand, were we to breathe air deprived of its necessary proportion of oxygen, we should become faint and languid, from the want of proper stimulation. Hence we see the wisdom and goodness of the Creator in the formation of air. The least alteration of its constituent parts would produce the most disastrous effects throughout the empire of nature. Disease, suffering, and death would be the dreadful consequence.

We also see the necessity of breathing pure air ; that is, air free from the noxious effluvia, foul gases, and having its due proportions of oxygen and nitrogen. These proportions we have mentioned, and they are never found to vary, except from local causes. In our present state of organization, air thus formed is the most agreeable for respiration, and the best calculated to sustain our physical existence. Without it, disease must sooner or later pervade our system. The blood requires, every moment of our lives, to be supplied with the proportion of oxygen, which, we have said, is the vital ingredient of air. By its union with oxygen, the blood assumes its arterial hue, which alone is competent to minister to nutrition. This union is effected in the lungs, where the blood, in the process of circulation, is brought into intimate contact with the air of the atmosphere. From the lungs, the blood thus purified is sent to nourish and support the whole system.

How important is it, then, that we should breathe



pure air in order to make pure blood. Patients should be in the open air as much as possible, and avoid overheated rooms. They should exhilarate themselves in the glorious breezes of heaven; they should hurry out of their ill ventilated rooms, if able, and breathe that vital element, which the God of nature has thrown around them for the support of their physical existence.

With regard to sleep, clothing and personal habits, particular attention is to be paid. Some persons require more sleep than others. As a general rule, eight hours for youths, and six or seven hours for adults, is the average term for sleep. Patients should never sleep on feather beds. Mattresses are the best on which to enjoy balmy sleep.

Early rising should be practiced. No patient should be in bed after 6 A. M. Five o'clock in the morning is the best hour for rising. Early rising is highly conducive to health and longevity. The morning air, exercise and water drinking go far to restore health as well as to preserve it.

Patients should be well clothed in winter, but lightly in summer. Flannel should never be worn next the skin; if it is worn at all, it should be only in cold weather, and over other cotton.

All persons should be loosely clad, so as not to prevent the free and full expansion of the lungs, diaphragm, &c. There is one thing connected with the female dress that we would not overlook; that is tight lacing. Death by innumerable forms of diseases has been the consequence of this evil. Oh! how many of

the most beautiful of the human race have been sent to an untimely grave, by this indiscreet practice.

With regard to personal habits, temperance in all things in the broadest sense of the term, is our motto. We indulge in nothing that is not sanctioned by the laws of God. We never indulge to excess in anything lawful. We prohibit entirely the use of alcoholic drinks, tobacco, &c. Such is but an imperfect outline of the hydropathic treatment.

In conclusion, we would state that the water cure with its auxiliaries of exercise, diet, air, &c., justly claims to be the most perfect system of medicine ever held up to the world. We believe that the treatment of disease by the aid of pure water, pure air, nutritious diet and healthful exercise, is not inconsistent with the principles of medical science, with the laws of physiology and pathology, but rather a perfect embodiment of these principles. The writer, for one among the many, has great reason to thank heaven for the water cure which, through the divine blessing, has been the means of restoring his health and prolonging his existence, and that it has been put into his heart to adopt this system. Hoping to be instrumental in saving some of his fellow sufferers from an early death and a premature grave, he remains the friend of humanity.

## CHAPTER III.

## THE PROCESSES OF THE HYDROPATHIC TREATMENT.

Our object is to afford a general view of the important subject of Hydropathy in as narrow a compass as possible. We shall endeavor to give the reader a succinct account of the various modes of administering this great restorative agent, water. We now proceed to give a description of the different baths used in hydropathic establishments.

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*The Half Bath.*—This, in the writer's estimation, is the most useful bath in the water cure. It is made of wood or tin, four or five feet long, about two and a half feet wide and, twenty inches deep. The water is from three to six inches deep, generally of a mild temperature, between 60 and 70 degrees, Fah. Some of the greatest triumphs of the water cure are achieved by the means of the half bath alone. In this bath the patient lies at full length, or is in a sitting posture, and remains from two to five minutes or more, as the case requires, briskly rubbing himself, while an attendant dashes a pail of water over him and assists in the rubbing. The patient comes out quickly and a dry sheet is thrown over him, with which he is thoroughly rubbed. A delicious glow of warmth, the genial reaction, pervades the system. He feels invigorated by this simple process, dresses



himself, takes a glass of water, and sets off on his delightful excursion, the gentle breezes of heaven exhilarating him, and the pure atmosphere imparting new energy to his prostrated frame.

The best time for taking the half bath is on rising in the morning. It is used for the purpose of maintaining a vigorous circulation on the surface, for cooling raging fevers, in inflammatory attacks of every kind, congestions, &c. It is also used after the wet sheet pack. This bath is a derivative in its action. In fevers and inflammations it is used with the most beneficial effects.

*The Dripping Sheet.*—"This is one of the best of the water cure appliances and competent, if perseveringly employed in conjunction with a proper regimen, to cure many chronic diseases." It is simply this:—A sheet is dipped in water, slightly wrung, and then thrown over the patient, who grasps the corners of it and commences rubbing the face, chest and fore part of the person, while an attendant performs the same operation behind. This is continued for two or three minutes, when it is replaced by a dry sheet with which friction is kept up until a glow is produced.

This bath is an excellent tonic. It creates a slight shock; but a very exhilarating reaction speedily ensues. A comfortable glow is felt, a free respiration promoted, and the whole system invigorated. This bath is excellent in fevers, bowel complaints and many other disorders. It is also an admirable bath for the sedentary and studious.

*The Sitz Bath.*—This is one of the most useful of the water cure appliances. It is used in almost every disease, whether acute or chronic. A common wash-tub half full of water will answer for a sitz bath. In this tub the patient sits with his feet on the outside. Here he remains from fifteen minutes to an hour, or more, using constant friction on the abdomen with his hands.

The sitz bath is tonic, derivative, lowering and sedative. When taken for ten or fifteen minutes it is tonic; for thirty minutes, derivative; and when taken for an hour or more it is lowering and sedative. It is an excellent remedy for constipation, diarrhœa, dysentary, &c. It removes flatulence, colic and vomiting. "The early and free use of the cold sitz bath," says Dr. Nichols, "would save many a person from dying of the dysentary, a disease so difficult to control in its later stages."

The tonic sitz bath is excellent for strengthening the bowels; the derivative for removing obstructions of the liver and stomach, constipation, congestion of brain, &c.

A derivative application is one which drives blood or heat from other parts to the part to which the remedy is applied; hence derivative sitz baths draw blood from the upper organs, the liver, stomach, lungs, and even from the head.

For headache, then, sitz baths are very beneficial. They are also excellent in cases of congestion of the brain. A good hour for taking the sitz bath is 10 o'clock A. M. It is also taken in the afternoon and

before going to bed. A short sitz bath taken in the evening affords a good night's rest.

In tonic sitz baths the water should be of a temperature from 55 to 65 degrees, Fah. In derivative applications a little milder temperature may be used. In the first place, the physician must carefully ascertain the organic powers and capabilities of the patient and then vary the temperature accordingly, always remembering that "the water cure is the cold water cure only in time and place."

Short tonic sitz baths may be repeated frequently during the day. They are invaluable to almost all patients as well as to sedentary and studious men. Many of the latter class well know their invigorating effects, and would not on any account dispense with their use.

*The Douche.*—The douche is the most powerful bath in the water cure system. A nearly vertical stream of water, flowing through a tube about two inches in diameter, and falling from ten to fifteen or twenty feet constitutes it. The douche is to be used with great caution, and always under the direction of an experienced hydropathic physician. Patients should never attempt to use it without medical consultation. It is used in a great variety of chronic diseases. It is admirably adapted to the successful treatment of chronic rheumatism, gout, derangements of the digestive organs, diseased joints, limbs, &c. It dislodges bad humors, strengthens weak parts and invigorates



the whole system. "Coming from the douche, a patient feels like jumping over fences."

The best time for taking the douche is when the stomach is nearly empty, in the morning on rising, three hours after breakfast, and from three to four after dinner. It is used from two to eight minutes, but for most patients two or three minutes are sufficient.

Excessive water treatment must be avoided. Better do too little than too much. The douche should be taken when the body is warm; active exercise should immediately follow, and the patient must drink freely of cold water.

*Wet Sheet Pack.*—This holds a high rank in water cure practice. It is accomplished in the following manner. A thick blanket is spread upon a mattress; a linen sheet, dipped in cold water and well wrung out, is then spread over this blanket. On this wet sheet the patient lies at full length, when both sheet and blanket are closely wrapped around him. He is now entwined with two or three more blankets, and perhaps over all a feather bed is thrown. In this condition the patient remains for half an hour or an hour, until a glow of warmth, which is the best test for remaining in the sheet, is experienced. The patient is then taken out, and immediately led to the plunge or half bath, in which he remains but a minute or two; or, if he is very feeble, a tepid half bath or mild dripping sheet is used after the pack. In all cases, water, tepid or cold, must be applied after packing. The patient is then well rubbed with a dry sheet.

The wet sheet pack is powerful in allaying irritation and inflammation. It is the most soothing application that can be administered. In it the patient often enjoys sound and refreshing sleep. We know this from experience.

In all inflammation, acute or chronic, the wet sheet acts like a charm. It carries off feverish heat, gently draws the blood to the surface, reduces inflammatory action, relieves pain, removes obstructions or congestions, enables the functions to perform their healthy action, and places the whole organism in the most favorable condition. "Our wet sheet packing," says Dr. Nichols, "is worth a hundred blisters, even were we to allow that the latter were ever useful."\*

In fevers, a successive application of wet sheets is used. When the skin is very hot, and the fever is raging, a wet sheet is wrapped round the patient. This is removed in ten or fifteen minutes, and another applied. This process is continued for an hour or more if necessary, when a mild half bath is given, and the patient well dried.

In acute fever, when taking the wet sheet, it will be sufficient to cover the patient with a single blanket. In treating fevers in this manner, it is wonderful what astonishing effects are produced by the wet sheet; in carrying off heat, in reducing the pulse, in allaying thirst, in relieving the violent headache, in soothing the nervous system, and in breaking up the disorder;

\* See Dr. T. L. Nichols's "Introduction to the water cure," an interesting and scientific little work, which we most cordially recommend. Published by Fowlers & Wells. Price 12½ cents.

but the greatest wonder of all is, that it affords this relief without producing any subsequent debility, and without taking a drop of blood from the patient. In a day or two he is generally up and engaged in his usual employments, as well as ever. So much for the wet sheet! So much for hydropathy!

*The Dry Blanket Pack.*—The object of this pack is to induce perspiration. The patient is enveloped in a dry blanket, instead of a wet sheet. The other processes are the same as the wet sheet packing. After perspiration is effected, the patient is taken out, and a cold bath is immediately given him. In severe, sudden colds, when the perspiration is greatly checked, blanket packs, with a wet cloth on the chest and head, is the best mode of treatment that one can adopt.

*The Plunge Bath.*—The Plunge Bath produces nearly the same effect as the half bath, though the shock conveyed to the system is more powerful: for this reason feeble patients can not take it; and it will be found to disagree with nervous invalids. For those who can bear it, the plunge is the best bath to take on rising in the morning. Its effects are tonic, stimulant and electric. It imparts energy to the whole system.

*Wet Friction or Towel Bath.*—The patient is rubbed for two or three minutes with towels dipped in cold water well wrung out, after which he is rubbed with a dry sheet. This bath is tonic, and a most excellent one for delicate persons.



*General Ablutions.*—Every person in health or in sickness should bathe daily. Bathing the body daily in cold water is the greatest preventive disease. Persons in health should moisten their bodies every morning with a wet sponge or coarse towel. For very feeble patients, the sponge bath is the best that can be used. It is an excellent tonic, and can be taken any where.

*Foot Baths.*—Foot baths are also very useful. The feet are placed in cold water up to the ankle bones for about eight minutes, after which they are rubbed dry. The patient must walk after every foot bath. The foot bath is used as a derivative in determination of blood to the head and vital organs; hence, for headache, it is an excellent remedy. It is also the very best remedy for cold feet, the frequent repetition of it permanently restoring their natural warmth. In water-cure establishments, foot baths are taken by almost every patient who can walk. The best time for taking in them is the evening, and when the feet is warm.

*The Wet Compress.*—This is an essential part of water treatment. It is a coarse cloth wet in cold water, wrung out, and with a dry covering applied to the diseased parts. It is used in the treatment of nearly all chronic diseases. It is worn by dyspeptic patients over the stomach, day and night, and by consumptive persons over the chest. The compress is wet again when dry. It is very beneficial and soothing in its effects, reduces irritation, relieves heart-

burn, spasms, constipation, intestinal congestion, aids digestion and promotes the general tone of the system.

*Hot Fomentations.*—Hot fomentations are used to relieve violent pains, &c. A piece of flannel, two or three times doubled, is wrung out of boiling water, and placed over the patient's abdomen or stomach, as hot as he can bear it. Over this, dry cloths are applied. The flannel is to be changed as often as necessary. This process is kept up for half an hour or more, until relief is afforded.

## CHAPTER IV.

## THE PRACTICE OF HYDROPATHY.

Our narrow limits prohibit us from giving any full directions on hydropathic treatment. Hoping to do so at another time, we would just throw out the following hints, which, to the invalid, who is far removed from a hydropathic institution, and whose case demands immediate attention, may be of great value.

We mention a few of the most common diseases, commencing with

*Fevers.*—In the treatment of fever, the patient must be enveloped in a succession of wet sheets, changed as often as they become warm. This treatment is continued until the patient is relieved, his pulse lowered, and the feverish heat carried off. The half bath may also be used, cold ablutions and the wet sheet pack. Give the patient as much cold water to drink as he desires, and copious water injections. But little food should be taken. The patient should lie on a mattress, and the room must be well aired.

*Dysentery.*—Treatment: sitz baths at about 72° F. for fifteen minutes. Dripping sheets at 72°. Wet sheet packs followed by dripping sheets. Copious water injections, tepid at first, afterwards cold. The patient may drink freely of cold water, at short intervals. The food should be light, consisting of barley-



water, gruel, arrow root, toasted bread, &c. The patient should adhere to an exclusive vegetable diet.

*Diarrhæa.*—The treatment of diarrhœa is nearly the same as that of dysentery. Copious water drinking, wet compresses, light food, short sitz baths, dripping sheets, &c., are the best remedies.

*Acute inflammation of the Stomach.*—Treatment: half bath at about 75°, wet sheets, wet compresses over the stomach, tepid ablution, large and repeated water injections, fomentations, &c. The patient must drink copiously of cold water. Pounded ice must also be given him. In this disease ice is an excellent remedy. A small quantity of very light food is all that can be taken.

*Inflammation of the Lungs.*—Symptoms: severe pain in the chest, shortness of breath, restlessness, palpitation of the heart, determination to the head, great heat and general feverishness, &c. Treatment: wet bandages, wet sheets often repeated, sitz baths at 72°, half baths, tepid or cold, wet sheet packing, followed by a dripping sheet or half bath. After the disease is subdued, very little light food may be taken.

*Pleurisy.*—Symptoms: fever, acute pain in the side, increased by pressure, breathing deeply, coughing, speaking; dry cough, hurried and interrupted respiration. Treatment: in the first stage of pleurisy, the same treatment as that prescribed for the inflammation of the lungs should be adopted. Hot fomentations on the chest, copious water drinking, in the inflammatory

stage, injections, rubbing wet sheets. After the inflammatory action has subsided, the wet sheet packing should be taken daily. Diet: a little cold barley water, arrow root, &c. When the patient begins to recover, his diet should be very spare.

*Cholera Morbus.*—Symptoms: violent griping pain, followed by frequent vomiting and purging, spasms of the abdominal muscles, tongue dry, thirst urgent. pulse frequent, &c. Treatment: rubbing wet sheets, wet bandages over the abdomen, fomentations, sitz baths and wet sheet packs. Free water drinking and copious injections of tepid water, warm water emetics, &c. About the same treatment is to be adopted in cholera and bowel complaints generally.

*Inflammation of the Brain.*—Symptoms: violent pain in the head, redness of the eyes, flushed face, skin hot and dry, restlessness, extreme excitability, Treatment: wet sheets, dripping sheets, half baths, as in the case of fevers, must be employed. Bandages dipped in very cold water, and renewed every five minutes, must be constantly applied to the whole head. The coldest water should be repeatedly poured over the patient's head. Ice may also be laid upon the head. The patient must drink cold water, and water injections must be given.

*Acute Rheumatism.*—Symptoms: high fever, headache, flushed face, thickly furred tongue, pain in some of the larger joints, the hips, knees, shoulders, elbows, ankles, wrists, &c.

Treatment: tepid sponging of the whole body three times a day. Bandages applied to the affected joints, &c. After a week or more, the wet sheet packing followed by a tepid bath may be adopted. This, taken every day for a few days, may be followed by the half bath. The patient should adopt a light vegetable diet.

*Chronic Rheumatism.*—Treatment: wet sheet packs, douche, dry blanket packs, sitz baths; wet compresses over the painful parts. A cold half bath must follow the wet sheet and blanket packs.

The diet should be mostly vegetable; Graham bread, cracked wheat and cold water, will do wonders in this disease. The patient must exercise regularly every day, always stopping short of fatigue.

*Gout.*—Treatment: like that of rheumatism. Wet sheet packs for an hour or more every day, followed by the plunge or half bath; douche; half bath, &c. The patient must drink freely of cold water, take much exercise in the open air, and adopt a vegetable diet.

*Asthma.*—Treatment: half bath; wet sheet and blanket packs; plunge bath; douche. Constant exercise in the pure air. Vegetable diet, &c.

*Common Colds.*—Treatment: wet sheet pack, if the patient is not very chilly, and can quickly react. In most cases, however, a dry blanket pack, with a wet towel over the forehead and lungs, followed with the dripping sheet or half bath, is the best mode of



treatment. Wet bandages may be applied over the lungs.

*Dyspepsia*.—This common complaint may be best treated with dripping sheets, sitz baths, half baths, wet sheet, packs, plunge baths, foot baths, &c. Much depends on the dietetic part of the treatment and exercise. Graham bread and wafers, cracked wheat, with plenty of good ripe fruit, are the very best articles of diet that a dyspeptic patient can use. He must also drink freely of cold water, wear the wet compress day and night, and take plenty of exercise.

*Neuralgia*.—In the cure of all neuralgic affections as ear ache, tooth ache, tic doloieux, &c., the wet sheet pack is the most efficacious. To this may be added heating bandages, clysters and sitz baths.

## CONCLUSION.

The reader who is desirous of obtaining extensive information on the subject of Hydropathy, is respectfully referred to the *Hydropathic Encyclopedia*, by R. T. Trall, M. D., which is the best work on the subject that has ever been given to the world. Every person should have a copy of this work. We also recommend the water cure library, in 7 volumes, 12mo, published by Fowlers & Wells, and the *Water cure Journal*, by the same enterprising publishers. This excellent journal of health is destined to effect a mighty revolution in the annals of medicine. It is disseminating that knowledge which will ultimately prostrate the drug system, and completely revolutionize the medical world. It is an impregnable bulwark in the glorious reform.

It carries the very banner of Hydropathy in the midst of the enemies' camp, and unfurls it over the heads of suffering thousands. Enlightened by its pages, the invalid sees nature's own remedy prepared for him, hastens to the fountain of life, and is restored. Water is the great universal remedy for all our ills.

“ Water, bright and beautiful water,  
Pervading everything in nature,  
In the dew drop on the leaves,  
In the ocean's curling wave,  
In the crystal fountain leaping,  
In the lonely grotto sleeping,  
In the springs and deep cut wells,  
In the silent shady dells,  
In the rills with hues of silver,  
In the rapid flowing river,  
In the cooling shower refreshing,  
In Niagara's cataract dashing,  
In polar climes of snow and sleet,  
Forming winter's winding sheet,  
In the span across the sky,  
Where rainbow hues delight the eye,  
All pervading element of nature,  
Who can half thy goodness measure?  
For burning fever, aches and pains,  
Water cure the balm contains,  
The 'packing,' 'sitz,' or 'dripping sheet,'  
Will quiet pain, encourage sleep;  
The 'plunge,' the 'douche,' 'half bath' and 'shower,'  
Will inflammation soon o'erpower:  
With proper action, food and air,  
Water will all our ills repair.”

THE END.